

**4<sup>th</sup> NACAC AGE GROUP U13 & U15 CHAMPIONSHIPS**  
**Santiago de los Caballeros, Dominican Republic**  
**July 15<sup>th</sup> & 16<sup>th</sup>, 2023**



**C A M P E O N A T O**  
**NACAC U13 Y U15**  
**SANTIAGO, REP. DOM., 2023**  
**15 Y 16 DE JULIO**

**TECHNICAL MANUAL**

*Update March 5<sup>th</sup>, 2023*

## **NACAC**

The 4<sup>th</sup> North American, Central American & Caribbean Athletics Association's Age Group U13 & U15 Championships, will be held under the auspice of the North America, Central America & Caribbean Athletics Association (NACAC), and is one of the many events of the official calendar of NACAC.

### **NACAC EXECUTIVE COUNCIL**

President/WA Area Rep.: Mike Sands (BAH)

Vice President: Catherine Jordan (BAR)

Treasurer: Glenville Jeffers (SKN)

General Secretary: Keith Joseph (VIN)

### **COUNCIL MEMBERS**

Cydonie Mothershill (CAY)

Calixto Sierra (HON)

Evelyn Farrell (ARU)

Howard Cornelius (ANT)

### **EX OFFICIO**

WA President: Lord Sebastian Coe (GBR)

WA Council Member: Willie Banks (USA)

WA Council Member: Alberto Juantorena (CUB)

WA Council Member: Abbie Hoffman (CAN)

NACAC Former President: Víctor López (PUR)

## 1. ORGANISATIONAL STRUCTURE

The North American, Central American & Caribbean Athletics Association (NACAC), has assigned the organization of NACAC Age Group Championships to Federacion Dominicana de Atletismo.

The following persons are responsible for the organization and coordination of the competition:

NACAC Technical Delegate	-	Carlos Clemente (ESA)
NACAC Organizational Delegate	-	Keith Joseph (VIN)
International Area Technical Officials	-	1. John Sierra Castellanos (PUR)(Chief)
	-	2. Noel Cedeño (PUR)
	-	3. James Kelly (SKN)

## 2. GENERAL INFORMATION OF DOMINICAN REPUBLIC

Location:	The Caribbean
Area:	48,442 km <sup>2</sup>
Population:	9,445,281
Language:	Spanish
Currency:	Peso Dominicano RD\$
Hour:	(UTC -4)
Electricity:	110v
Country code:	809, 829 y 849
Capital:	Santo Domingo
Altitude:	14 m.
Max Temperature:	32° C
Average Temperature:	28° C
Min Temperature:	23° C
International Airport:	Aeropuerto Internacional de Las Américas (SDQ)

### 3. INVITED COUNTRIES

#### **Member Federations:**

Anguilla (AIA), Antigua and Barbuda (ANT), Aruba (ARU), Bahamas (BAH), Barbados (BAR), Belize (BIZ), Bermuda (BER), British Virgin Islands (IVB), Canada (CAN), Cayman Islands (CAY), Costa Rica (CRC), Cuba (CUB), Dominica (DMA), **Dominican Republic (DOM) HOST**, El Salvador (ESA), Grenada (GRN), Guatemala (GUA), Haiti (HAI), Honduras (HON), Jamaica (JAM), Mexico (MEX), Montserrat (MNT), Nicaragua (NCA), Puerto Rico (PUR), Saint Kitts and Nevis (SKN), Saint Lucia (LCA), Saint Vincent and Grenadines (VIN), Turks and Caicos (TKS), US Virgin Islands (ISV), United States of America (USA), Trinidad and Tobago (TTO)

#### **Associate Members:**

Curacao (CUR), Guadeloupe (GPE), Martinique (MTQ), Saint Maarten (SXM)

### 4. GENERAL INFORMATION

#### **AIRPORT**

The arrival airport is the Santo Domingo/Las Américas International Airport (SDQ), located 2 hours from Santiago de los Caballeros city. Website: <https://www.aeropuertolasamericas.com/> **Airlines that fly to Santo Domingo include** Aeromexico, Air Caraibes, American Airlines, Avianca, Arajet, Copa Airlines, Cubana, Delta, Jet Blue, Spirit, United

The Cibao International Airport (STI) is also available, located 30 minutes from downtown Santiago. Website: <https://aeropuertocibao.com.do/> . **The main airlines that fly to Santiago de los Caballeros** are: American Airlines, Delta, Jet Blue, Spirit, United Airlines.

Delegations should send as soon as possible to the Organizing Committee their arrival/departure schedule in order to properly coordinate their reception.

#### **PASSPORT PRESENTATION / ACCREDITATION**

Upon arrival, all delegations will be transported to the accreditation center at the **Hotel Gran Almirante** where athletes will be requested to show their travel documents.

The accreditation will be open:

Thursday July 13th 2:00pm - 20:00pm

Friday July 14th 9:00am - 20:00pm

***Officials from the LOC at the accreditation Center will check passport and travel documents of all competitors. These will be returned promptly, following verification of Age, by the LOC and the Technical Delegate.***

## **ACCOMMODATIONS**

The delegations will be staying at the following hotels in double or triple rooms.

### **Hodelpa Garden Court (Delegations - Teams)**

Duarte Highway Kilometer 9, 51000 Santiago de los Caballeros, Dominican Republic

<https://www.hodelpa.com/es/garden-court/>



### **Centro Plaza Hodelpa (Delegations - Teams)**

Calle Mella 54, esq. del, C. Del Sol, Santiago De Los Caballeros 51000, Dominican Republic

<https://www.hodelpa.com/es/centro-plaza/galeria/>



### **Hodelpa Gran Almirante (VIP)**

Avenida Salvador E. Sadhala, 102210 Santiago de los Caballeros, Dominican Republic

<https://www.hodelpa.com/en/gran-almirante/>



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## **ACCOMMODATION LEVY AND TEAM SIZE**

There will be an accommodation levy of **US \$150.00** per team member. This must be paid at the accreditation center before teams are allowed to be accredited. The levy shall cover the period from **12:00 noon Friday, July 14<sup>th</sup> to 12:00 noon Monday July 17<sup>th</sup>, (3 Nights)**. Accommodation outside of the official period will be at the expense of each delegation.

The number of team officials accompanying each delegation shall be limited as follows:

- 1 athlete                      1 team official
- 2 - 5 athletes                2 officials
- 6 - 8 athletes                4 officials

***If a team wishes to board additional officials in the accommodation provided by the Organizing Committee, the fee for these additional officials will be \$150.00 per person per day.***

***Delegations must inform local organizing committee of travel plans so that the reception committee can be present at the airport.***

***Only CASH payments will be accepted and must be made at the time of accrediting the team.***

## **TRANSPORTATION**

Transportation will be provided round trip from the airport to the Hotel and from the Hotel to the competition area. During the accreditation process, you will receive the transportation schedule.

## **MEALS – SCHEDULE**

- Breakfast at the Hotel (6:00 – 8:00 a.m.)
- Lunch at the Hotel (12:00 – 2:00 p.m.)
- Dinner at the Hotel (7:00 – 9:00 p.m.)



## **MEDICAL INFORMATION**

Medical services will be available to provide necessary medical services. The medical service (FIRST AID) is free of charge; however, it will be the participant's responsibility to pay for any additional specialized services, including ambulance, emergency room, medical specialist consultation, hospitalization, surgery, medical procedures, laboratory, x-rays, special studies, and physical therapy treatments.

Official Hospital is:

### **HOSPITAL REGIONAL INFANTIL DR. ARTURO GRULLÓN**

<https://hospitalarturogrullon.gob.do/>

Av. Enriquillo, Santiago de los Caballeros, Dominican Republic

Phone: 809-583-2381

It is located 15 minutes from the competition stadium.



### **COVID PROTOCOL AND ENTRY REQUIREMENT**

People over 18 years of age must present the COVID vaccination card with at least 2 doses. Each country should consult the latest travel updates on protocols and entry requirements.

### **MEDICAL AND LIFE INSURANCE**

Each country, according to the WA rules, is responsible for the insurance of the participants in their delegation. Member federations are responsible for taking out insurance to cover illness or injury/life to members of their delegation and/or team when travelling internationally.

Team leaders will be asked to confirm all athletes are medically fit to participate and should have a list of any medications/allergies/ recent illnesses /injuries of all team members. Medical forms including blood type should be available to the Event Doctor should they be required in case of injury or illness during the competition.

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### **VISAS**

Countries should all consult the nearest Dominican Republic Embassy or Consulate to confirm if a VISA, other documentation or fees are required to enter.

The Organizing Committee will make every effort to help Federations get your visas, but you must follow the procedures and allow sufficient time to be processed. A letter of invitation will be provided if needed. Please inform the LOC early.

The OC will send more information in the next bulletin.

### **CURRENCY**

Legal currency of Dominican Republic is the Dominican Peso (55 Pesos = 1 USD)

### **NATIONAL FLAGS**

Each delegation is requested to provide two national flags for the competition and awards ceremonies decoration. The flags must measure 1.20m x 0.80m and 3m x 2m respectively. They will be flown in the stadium during the competitions and later return to their delegate.



## 5. TECHNICAL INFORMATION

### ENTRIES – COMPETITION DAYS

- |   |  |
|---|--|
| ▪ <b>Wednesday March 15<sup>th</sup> 2023</b> | Confirmation of participation                                |
| ▪ <b>Monday May 1<sup>st</sup></b>            | Closing Numerical Entries (athletes and officials' quantity) |
| ▪ <b>Thursday June 15<sup>th</sup></b>        | Closing of Final Entries                                     |
| ▪ <b>Day 1 Friday July 14<sup>th</sup></b>    | Official Arrival of delegations (at noon)                    |
| <b>Friday July 14<sup>th</sup></b>            | Technical Meeting at 7:00 pm Hotel ***                       |
| ▪ <b>Day 2 Saturday July 15<sup>th</sup></b>  | Competition Sessions 1 and 2                                 |
| ▪ <b>Day 3 Sunday July 16<sup>th</sup></b>    | Competition Sessions 3 and 4                                 |
| ▪ <b>Day 4 Monday July 17<sup>th</sup></b>    | Official Departure of delegations (at noon)                  |

Final entries deadline is midnight of **Thursday June 15<sup>th</sup>, 2023 (Dominican Republic time)**. Entries must be emailed to [dom@mf.worldathletics.org](mailto:dom@mf.worldathletics.org)

Send CC to the **Technical Delegate** [clementecarlos@yahoo.com](mailto:clementecarlos@yahoo.com) and y [carmenfdaa@gmail.com](mailto:carmenfdaa@gmail.com)

Contact us @:

**+809.732.3322 LOC/Federation Office**

**+809.467.6716 – Logistics LOC/Federation**

**+503.7883.7305 Carlos Clemente (Technical Delegate)**

### COMPETITION STADIUM

The Athletics Stadium is located in the La Barranquita Sports Complex with a capacity for 4000 people and has a synthetic track with 8 lanes, 2 Long Jump pits, 2 Shot Throwing Circles, Ball Throwing lane and 2 areas High Jump. The warm-up area is located in the eastern part of the stadium.



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## **COMPETITION NUMBERS (BIB NUMBERS)**

Each athlete will be assigned three (3) competition numbers which must be worn visibly on the chest and back during competition (except in High Jump). The third number will be used on the athlete's bag. Athletes without numbers will not be allowed to enter competition area. The numbers must not be bent or cut.

## **PROTESTS AND APPEALS**

Protest and Appeals will be handled according to World Athletics Rule 8 of the Technical Rules. If your protest is not satisfied, the next step will be to present the formal protest to the Jury of Appeals on the forms provided by the Organizing Committee no later than 30 minutes after its official announcement and you must accompany the claim with \$100.00 USD. The Jury of Appeals will be made up of 3 people and will be presented at the Technical meeting.

## **TECHNICAL MEETING**

The technical meeting will be held at **7:00 pm Friday July 14<sup>th</sup> at the Hotel Gran Almirante**. Questions of a technical nature must submit to the Technical Delegate by teams on the prescribed form, no later than 14:00 pm on July 14<sup>th</sup>. Absolutely no questions will be accepted from the floor during the technical meeting.

The Technical Delegate will preside the meeting, which will be conducted in Spanish and translated in English. Two (2) delegates from each participating team may attend the meeting.

## **AGENDA – TECHNICAL MEETING**

1. Welcome by the LOC
2. Presentation of technical officials
3. General information on timetable, rising of the bars, protest, awards, opening and closing ceremonies
4. Answer to delegation questions (submitted previously)
5. Presentation of Jury of Appeal
6. Closing

NOTE: Before the meeting, each delegate will receive athlete bib numbers and review the entries lists.

## **RESULTS OF THE EVENT**

As soon as results are compiled it will be posted on the boards and available for teams in the NACAC WEBSITE and LOC website

[www.athleticsnacac.org](http://www.athleticsnacac.org)

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## **NACAC U13 – U15 2023 TECHNICAL RULES**

### **ENTRIES**

- Each team may enter two competitors in each combined event per category.
- A maximum of eight (8) athletes in 4 categories will be accepted per country.
- A country can enter a team in one of the categories and be eligible to win that category's championship.
- Countries unable or unwilling to enter full teams in the various categories may enter an individual athlete in any category. No country may enter more than two athletes in any category.

### **EVENTS AND CATEGORIES**

#### **CATEGORY U13 - PENTATHLON**

**11 - 12 years, born from January 1st, 2011 to December 31st, 2012.**

Events: **60 meter dash, 800/1000 meters, Long Jump, High Jump, Baseball Throw.**

*Note: 10 year old athletes or younger (born in 2013 or after) and 13 year old athletes or older (born in 2010 or before) will not be able to participate in this category.*

#### **CATEGORY U15 - HEPTATHLON**

**13 - 14 years, born from January 1st, 2009 to December 31st, 2010.**

Events: **80 meter dash, 1000/1200 meters, 60/80 meter hurdles, Long Jump, High Jump, Baseball Throw and Shot Put.**

*Note: 12 year old athletes or younger (born in 2011 or after) and 15 year old athletes or older (born in 2008 or before) will not be able to participate in this category.*

## 1. REGULATION AND SCORES

Except in cases where something else is specified, the NACAC Age Group Combined Events Scoring Tables will be used. Photo finish equipment will be used for the track events.

## 2. SPRINTING EVENTS:

- 60 meter dash
- 80 meter dash
- 60 meter hurdles (girls)
- 80 meter hurdles (boys)

### 60m hurdle measurements for girls: (6 hurdles) height: 0.76mts - 30''

- ✓ Start to 1st hurdle                      12.00 meters
- ✓ Between hurdles                        8.00 meters
- ✓ Last hurdle to finish line            8.00 meters

### 80m hurdle measurements for boys: (8 hurdles) height: 0.84mts - 33''

- ✓ Start to 1st hurdle                      13.00 meters
- ✓ Between hurdles                        8.50 meters
- ✓ Last hurdle to finish line            7.50 meters

- **Starting blocks are optional but all athletes have to start the sprint events in a starting position. The athletes will receive 2 commands (English): "on your marks" and "set" before the gun shot.**
- Each competitor will have the right to two (2) false starts; if the athlete has a third false start the athlete will be disqualified.
- In track events, the competitors will have to stay inside their assigned lane and could be disqualified for running outside their lanes.
- In order to obtain points all competitors must complete each race. A competitor who falls will have to stand up and finish the race to accumulate points.

### **3. HIGH JUMP**

Each competitor has a right to complete three (3) tries at each height, starting the jump in two consecutive occasions without completing the jump will constitute a try and will be taken as a foul.

a. The starting height for each category will be:

- Boys U13 1.10 cm
- Boys U15 1.25 cm
- Girls U13 1.00 cm
- Girls U15 1.15 cm

b. The cross bar will be elevated:

- 5 cm until three (3) competitors are left.
- 3 cm until the event is completed.

### **4. LONG JUMP**

a. The takeoff board will be white and it must be 1.22m long and 30cm wide.

b. The takeoff board must be set at least 2.00m away from the landing pit.

c. Each competitor will have the right to complete three (3) attempts.

### **5. BASEBALL THROW**

a. An official baseball ball (5oz or 150g) will be used.

b. The throw must be executed over the shoulder.

c. Each competitor will have the right to complete three (3) attempts.

## 6. SHOT PUT

- a. The shot will weigh 3 kg.
- b. The competitor shall use either the full technique or the final phase.
- c. Each competitor will have the right to complete three (3) attempts.

## 7. RELAYS

- a. A 4x100m mixed gender relay will be run for each category. (U13 and U15)
- b. The relay must be composed of two (2) boys and two (2) girls
- c. The order of the team is decision of each team (e.g. boy, girl, boy, girl)
- d. The Exchange zone of the baton will be of thirty (30) meters and there will be no pre-zone or acceleration zone.
- e. No points will be awarded for the relays. Nevertheless, the first three (3) places of each category will be awarded.

## AWARDS AND SCORING

Scoring will be done in accordance with the games scoring tables for NACAC age group competition. Awards will be presented in the following way:

- a) A Gold, Silver and Bronze medal will be awarded for the **first three places in each individual event** in each category. Competitors who finish **4th - 8th in each event** will receive a medal.
- b) A trophy will be awarded to the **first three overall INDIVIDUAL winners in each category** with the highest total number of cumulative points in the entire competition. *TOTAL 12 TROPHIES (4 categories)*
- c) A trophy will be awarded to the **first three TEAMS in each category** with the highest total number of cumulative points in the entire competition. *TOTAL 12 TROPHIES (4 categories)*
- d) A trophy will be awarded to the **COUNTRY with the grand total** sum of all the points of all the categories. This will include both divisions, male and female. 1 TROPHY

**COMPETITION SCHEDULE - PRELIMINARY ( UPD. MARCH 5<sup>th</sup> )**

SANTIAGO DE LOS CABALLEROS, REPUBLICA DOMINICANA

ESTADIO DE LA BARRANQUITA

<b>DIA 1</b>		<b>SÁBADO 15 DE JULIO / SATURDAY JULY 15</b>			
<b>DAY 1</b>		<b>MAÑANA / MORNING</b>			
#	HORA/TIME	EVENTO/EVENT	CATEG	SEXO/GENDER	RONDA/ROUND
1	9:00 a. m.	80 metros / meters	U15	Fem/Girls	Hepta 1
2	9:30 a. m.	80 metros / meters	U15	Mas/Boys	Hepta 1
3	10:00 a. m.	60 metros / meters	U13	Fem/Girls	Penta 1
4	10:00 a. m.	Salto Alto / High Jump	U15	Fem/Girls	Hepta 2
5	10:30 a. m.	60 metros / meters	U13	Mas/Boys	Penta 1
6	10:30 a. m.	Salto Alto / High Jump	U15	Mas/Boys	Hepta 2
7	11:00 a. m.	Salto Largo / Long Jump	U13	Fem/Girls	Penta 2
8	11:30 a. m.	Salto Largo / Long Jump	U13	Mas/Boys	Penta 2
12:30 m.d.		PREMIACIONES / AWARDS CEREMONIES			

<b>TARDE / AFTERNOON</b>					
#	HORA/TIME	EVENTO/EVENT	CATEG	SEXO/GENDER	RONDA/ROUND
9	3:00 p. m.	Imp.Bala / Shot Put (3k)	U15	Fem/Girls	Hepta 3
10	3:00 p. m.	Imp.Bala / Shot Put (3k)	U15	Mas/Boys	Hepta 3
11	3:00 p. m.	L.Pelota/ Baseball Throw	U13	Fem/Girls	Penta 3
12	3:00 p. m.	L.Pelota/ Baseball Throw	U13	Mas/Boys	Penta 3
13	5:00 p. m.	4x100 Relevos / Relays	U13	Mixto	FinalxTiempo / Time
14	5:15 p. m.	4x100 Relevos / Relays	U15	Mixto	FinalxTiempo / Time
5:30 p. m.		PREMIACIONES / AWARDS CEREMONIES			

<b>DIA 2</b>		<b>DOMINGO 16 DE JULIO / SUNDAY JULY 16</b>			
<b>DAY 2</b>		<b>MAÑANA / MORNING</b>			
#	HORA/TIME	EVENTO/EVENT	CATEG	SEXO/GENDER	RONDA/ROUND
15	9:00 a. m.	60m vallas/hurdles (0.76m)	U15	Fem/Girls	Hepta 4
16	9:30 a. m.	80m vallas/hurdles (0.84m)	U15	Mas/Boys	Hepta 4
17	9:30 a. m.	Salto Alto / High Jump	U13	Fem/Girls	Penta 4
18	9:30 a. m.	Salto Alto / High Jump	U13	Mas/Boys	Penta 4
19	10:00 a. m.	Salto Largo / Long Jump	U15	Fem/Girls	Hepta 5
20	10:30 a. m.	Salto Largo / Long Jump	U15	Mas/Boys	Hepta 5
12:00 m.d.		PREMIACIONES / AWARDS CEREMONIES			

<b>TARDE / AFTERNOON</b>					
#	HORA/TIME	EVENTO/EVENT	CATEG	SEXO/GENDER	RONDA/ROUND
21	3:00 p. m.	L.Pelota/ Baseball Throw	U15	Fem/Girls	Hepta 6
22	3:00 p. m.	L.Pelota/ Baseball Throw	U15	Mas/Boys	Hepta 6
23	3:30 p. m.	800 metros / meters	U13	Fem/Girls	Penta 5
24	4:00 p. m.	1000 metros / meters	U13	Mas/Boys	Penta 5
25	4:30 p. m.	1000 metros / meters	U15	Fem/Girls	Hepta 7
26	5:00 p. m.	1200 metros / meters	U15	Mas/Boys	Hepta 7
5:30 p. m.		PREMIACIONES / AWARDS CEREMONIES			